VIDEO TRAINING RECORD	
VIDEO TITLE First Aid for Supervisors	VIDEO ID NUMBER 1002I

KEY TEACHING POINTS OF THE VIDEO

Always follow your organizations policies and procedures relating to medical and first aid services.

First aid is the immediate, temporary treatment given before the services of a doctor can be secured.

Report all injuries to the supervisor immediately regardless of the extent of the injury.

Only designated persons should administer first aid.

First Aid Program should include:

Trained personnel on each shift.   Adequate First Aid Kits.

Emergency telephone numbers posted.   Complete reporting system and records.

Cuts:

1. Look at the injury to determine if employee should go to doctor.
2. Apply pressure to stop bleeding.
3. Elevate the area.
4. Possibly apply ice.
5. Recheck the cut in 2 days and then again in 7 - 10 days to see if it is becoming infected.

Amputations:

Stop or retard bleeding.   Find the amputated member.

Wash off the amputated member.   Dry the amputated member.

Place the amputated member in a plastic bag.   Place the plastic bag in or on ice.

Burn:

Categories:

1 - like a sunburn.

2 - blisters and possible breakage of the skin.

3 - leathery appearance.

Take all burns seriously.

Remove the employee from the work area.

Assess the general health of the employee.

If there is a problem, call an ambulance.

Apply ice or cold water.

Elevate the burn.

Take employee to a medical facility.

Strains and sprains:

Apply ice or cold compress.

RICE: Rested.   Iced.   Compress.   Elevated.

Fractures: RICE

Choking - Use the Heimlich Maneuver.

QUESTION	ANSWERS	
	TRUE	FALSE
1 First aid is the immediate, temporary treatment given before the services of a doctor can be secured.		
2 Only designated persons should administer first-aid.		
3 The workplace First Aid program should include at least 2 things - first aid kits and emergency telephone numbers.		
4 For strains and spraines, apply ice or cold compresses.		
5 For choking, use the Heimlich Maneuver.		

EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True